VANCOUVER metro®

NEWS WORTH SHARING

Cheap gas could boost tourism

Industry hopeful lower price at the pumps plus falling loonie will lure more American tourists PAGE 10

DIY divorce may cost you more

Gail Vaz-Oxlade says that kitchen-table agreement might be pricier than you think PAGE 17

GOLDEN GIRLS STRIKE AGAIN

RED CARPET COVERAGE AND MORE FROM THE FEY & POEHLER-HOSTED GOLDEN GLOBES PAGES 13 & 14

CAN-BIND Canadian Biomarker Integration Network in Depression

Are you *depressed?* Seeking help?
ENROLL IN OUR STUDY.

The purpose of our study is to learn about 'biomarkers' (biological features such as proteins, genes, and brain images that indicate the state of a disease in a person), and how they can help predict treatment outcomes in patients with depression.

Patients will be treated by a psychiatrist with a standard antidepressant medication for 16 weeks. No placebos are being used.

You may be eligible for our study if you:

- Are between 18-60 years of age
- Have been diagnosed with depression or suspect you may have depression, and are currently feeling depressed
- Are willing to take a standard antidepressant medication as treatment for depression
- Are willing to undergo blood/lab tests and brain scans
- Do not have a substance use problem currently or in the past 6 months.

The study is being conducted by **Dr. Raymond Lam** at the Mood Disorders Centre, UBC Hospital.

Vancouver CoastalHealth

UBC

For more information about this study and how to enroll, please call
604.822.7804 • www.canbind.ca

50 dive in to trans-friendly swim event

Recreation. 'Everyone should feel safe and want to use our facilities,' says park board commissioner

EMILY JACKSON
emily.jackson@metronews.ca

Changing into a bathing suit can be hard enough for people who feel they belong in the men's or women's change rooms, let alone for transgender people who can experience discrimination or violence for being different.

In an effort to make sure everyone feels safe and welcome in Vancouver recreation facilities, the city hosted its first transgender-friendly drop-in swim session at Templeton Pool on Sunday afternoon.

About 50 people attended the event, which was one of 77 recommendations approved by the park board in April 2014 to make Vancouver more inclusive. It is scheduled to run every Sunday until March.

The board updated change-room signage to say Trans People Welcome, added stalls to the universal change room and trained staff to ensure a welcoming environment, park board commissioner Michael Wiebe said.

"Everyone should feel safe and want to use our facilities," Wiebe said. "This is a great way to get people in our communities to use the pool and feel comfortable doing it."

While the changes may seem small, it is a big step forward for those who feel unwelcome in a space with only male or female options, said Kai Scott of the city's trans and gender-variant inclusion steering committee.

"We're trying to reverse that messaging and say we really want you here, you're an important part of the community," Scott said.

UNITED WITH FRANCE

Franck Furlan holds up a "Je Suis Charlie" sign in honour of the victims of last week's terror attacks in Paris during a solidarity rally in downtown Vancouver on Sunday. Story, page 3. MATT KIELTYKA/METRO

SPROTT SHAW COLLEGE SINCE 1903

FIND YOUR PASSION. FIND YOUR PURPOSE.

OVER 100 CAREER FOCUSED PROGRAMS @

310.HIRE (4473) / SPROTTSHAW.COM

Downy Fabric Softener has
30% more softening power than Fleecy*

Downy
wash in the wow

©2015 P&G

* Visual represents softening ingredients per load
Fleecy is a registered trademark of Colgate-Palmolive Canada Inc.

NEWS

Commercial Drive

Man charged with trying to snatch baby from stroller

Vancouver police say a man is facing multiple charges for allegedly trying to take an infant in a Vancouver grocery store on Saturday.

Police allege a 61-year-old man walked into Donald's Market on Commercial Drive just before noon and attempted to forcefully take the infant from its stroller. The child's mother was able to free the child from the man's grip with the help of a customer.

Police say the man fled the store but allegedly approached a second infant in a stroller on Commercial Drive, threatening a nine-month-old baby before concerned onlookers on the street intervened.

The man was arrested and is facing charges of attempted kidnapping, assault and uttering threats.

MATT KIELTYKA/METRO

Wrong number

Dial-a-dope leads to arrest of dopey dialler

You've heard of dial-a-dope operations? A recent arrest in North Vancouver might be called a dope-a-dial disaster — at least for the caller.

RCMP say a Mountie received a misdialed call on his cellphone from a man offering to sell him marijuana.

The officer arranged to make the purchase at a certain location, and police later made an undercover buy. A 25-year-old man and a 23-year-old woman from Coquitlam were arrested.

THE CANADIAN PRESS

A man on stilts waves the French flag during an anti-terror rally and march in downtown Vancouver on Sunday. MATT KIELTYKA/METRO

Vancouver rallies in support of France

Je suis Charlie. Crowd of hundreds gathers in solidarity with other rallies across Canada and across the world

MATT KIELTYKA
matt.kieltyka@metronews.ca

Vancouver joined in on a day of international anti-terror rallies Sunday as hundreds took to the streets to mourn the victims of last week's attacks in Paris.

The crowd, a mix of French expatriates and supporters from all walks of life, took to the steps of the Vancouver Art Gallery at lunchtime and was buoyed by a sense of defiance and solidarity unhampered by the January rain.

In abundance were plenty of "Je suis Charlie" and "Not Afraid" banners, which have become iconic around the world since 17 people were killed in attacks on the satirical magazine Charlie Hebdo, on police officers and on a kosher grocery store in Paris over three days.

The sight was a comforting one to Antoine Mention, the deputy consul of France in Vancouver, whose mind was still very much on the events back home.

"We are very pleased by the support, by these testimonies coming from all around the world," Mention said while leading marchers down Georgia Street during the rally. "That means that we're not alone, that the world is backing us. And that's really a great relief."

French citizen Franck Furlan was also impressed with the show of support.

"It's like this country (Canada), it's beautiful. We have a melting pot of people here and it's so important that we show our support for each other," said Furlan, one of many carrying a "Je suis Charlie" sign. "The message is that we won't stand for these fanatical groups and what they're trying to do."

The rally was one of many happening across Canada and around the world on Sunday.

Thousands of people, repeatedly chanting "Charlie," marched through downtown Montreal, while hundreds gathered at similar rallies in Toronto, Quebec City and Halifax, among others.

The biggest event was in Paris, where over a million people, including more than 40 world leaders, streamed into the heart of the city for a rally of national unity.

WITH FILES FROM THE CANADIAN PRESS

MTI COMMUNITY COLLEGE

MEANS BUSINESS!

Accounting & Payroll
Business Administration
Business Management
Office Administration
Payroll Certification

Ask About Our Winter Bursary

"MTI has made it easy for me to get my career going, and also offered me a great atmosphere and had friendly staff. I love my new job" -Asmaa

604.310.2684
MTICC.COM

Glass tower proposed between heritage buildings in Gastown

Development. Proposal for 26-storey building on heritage site could be the first of many future office spaces

EMILY JACKSON
emily.jackson@metronews.ca

A rendering of the 26-storey Cadillac Fairview tower proposed for the parking lot between the Waterfront Station and the Landing building. CONTRIBUTED

A 26-storey glass tower could soon sit between two prominent Vancouver heritage buildings on the edge of Gastown.

Cadillac Fairview is proposing to build a tower designed by internationally renowned architects on the parking lot between Waterfront Station and The Landing, a century-old office building that's said to be haunted.

The land is already zoned for an office building, so the proposal won't have to go through a public hearing, but it must get a nod of approval from the development permit board at a meeting in March.

The tower is already facing some scrutiny. The design is 13 metres too tall to meet the city's view-cone standards, according to the Gastown Historic Area Planning Committee.

The city has been known to be strict with these rules, designed to protect the beloved views of the North Shore mountains.

The committee hopes the final design is set further back from the train station, a top-rated heritage building.

The public has until Jan. 22 to write or email the city their comments on the project.

No matter the final design, the historic area is likely to get new neighbours.

In July, the city approved a 31-storey office building across the street from the Cadillac Fairview tower, citing a demand for office space and the location's proximity to the Canada Line, Expo Lines and the SeaBus.

Development near transit hubs aligns with the city's goal to get people to leave their cars at home and get to work by bus or train. Neither project has much on-site parking.

If approved, the Cadillac Fairview tower will add to the office-building boom in downtown Vancouver.

At least seven new office towers are under construction downtown, including the Telus tower and the MNP tower.

Surrey. Mounties warn of string of muggings by group

Police believe the same group of thieves is behind a string of robberies in Surrey.

Since December, Surrey RCMP say there have been more than 20 robberies throughout the city in which lone victims are approached by a group of young male individuals and robbed of their electronic devices, cellphones and cash.

Police say most of the robberies happened between 7 p.m. and 3 a.m. and that the thieves showed victims a weapon or threatened them with violence as an intimidation tactic.

Police are warning the public to be "extra vigilant" with their personal property.

They also recommend people walking late at night stay in well-lit areas and keep valuables, including cellphones, out of sight.

None of the victims have been seriously injured.

Anyone with information about the robberies is asked to contact police.

The investigation continues.

MATT KIELTYKA/METRO

Quoted

"Due to the similarities in these incidents, investigators believe a large number may be committed by the same group of individuals."

Surrey RCMP spokesman Sgt. Dale Carr in a statement

War-crimes probe. Vancouver police officer deployed to Cambodia

A Vancouver police officer has been named to a team of detectives investigating war crimes in Cambodia.

The Vancouver Police Department announced Friday that veteran detective Ana Jean Benefield will travel to Cambodia in mid-January for a one-year deployment to assist with investigations into crimes against humanity, war crimes and genocide allegedly committed between 1975 and 1979 during the Khmer Rouge regime.

Benefield and two other Canadian investigators were handpicked by the Swiss-based Justice Rapid Response organization and will work under the Extraordinary Chambers in the Court of Cambodia (ECCC) during their deployment.

MATT KIELTYKA/METRO

Tribunal

The ECCC was established in 2006 by the Cambodian government and the United Nations to bring to trial senior leaders and others responsible for the crimes committed during the Khmer Rouge regime.

Look ma, no pants!

Hundreds of Vancouverites dropped their trousers for the annual No Pants SkyTrain ride on the Canada and Expo lines on Sunday. Passengers may have been surprised when the not-so-shy crowd calmly took off their pants at Commercial-Broadway Station before proceeding to travel pants-free throughout Metro Vancouver — all in the name of getting some laughs.

TWITTER: @HECTOR604

Uber seeks to have lawsuit thrown out

Response. Vancouver taxi companies allege ride-sharing service was planning to launch in violation of bylaws, provincial regulations

Uber is asking a British Columbia court to throw out a lawsuit filed by four Vancouver-based taxi companies that are attempting to block the ride-sharing service from launching in the city.

The taxi companies applied for an injunction in November amid rumours that Uber was about to launch its controversial Uber X service, which allows riders to use a smartphone app to connect with private drivers.

The companies' lawsuit alleged Uber was planning to launch in violation of local bylaws and provincial taxi regulations, a move they claimed would give Uber an unfair competitive advantage while putting passengers at risk.

In response, Uber filed its own application this week, asking the court to throw out the taxi industry's case.

Uber's application says taxi companies have no authority to enforce municipal or provincial regulations and it dismisses the lawsuit as little more than an attempt by the taxi industry to protect its monopoly.

"For over 50 years, they (the taxi companies) have operated as a cartel seeking to stifle any form of competition or innovation in the commercial transportation industry," says Uber's application, which was filed in B.C. Supreme Court on Tuesday.

Uber's application says the lawsuit is speculative, since it has not actually launched Uber X in Vancouver. The company has not confirmed when, or even if, it plans to operate in the city, though it has been actively recruiting drivers and office staff.

Unlike Uber's traditional taxi service, which helps users hail licensed cabs, Uber X allows anyone with a vehicle to apply to become a driver. That has prompted warnings from the taxi industry, governments and regulators that Uber X would endanger passengers by putting them in the hands of unregulated drivers.

Uber has repeatedly argued it should not be forced to follow taxi regulations because it is a technology company, not a taxi service. THE CANADIAN PRESS

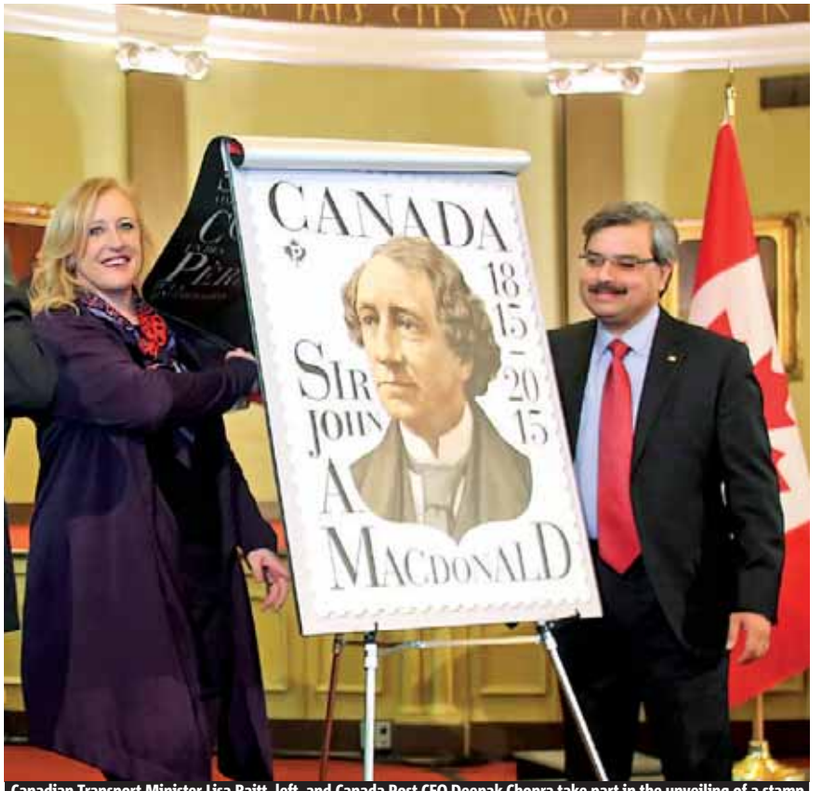
Counter-argument

The taxi companies' lawsuit also argued passengers would be confused into thinking Uber X cars comply with taxi regulations. Uber, however, suggests its alleged reputation for flouting the rules would ensure no one is confused.

- "The (taxi companies') notice of claim pleads everywhere that Uber has 'openly' refused to comply with these same (regulatory) schemes," says Uber's court application. "Therefore, on the plaintiff's own allegations, it is plain and obvious that the public will not be misled as plaintiffs suggest."

You are invited to an INFORMATION SESSION
LEARN ONLINE Guided online learning, instructor-led, in a highly supported environment
PHARMACY TECHNICIAN Diploma Program INFO SESSION
Pharmacy Technicians are a critical part of the health care team. Working closely with Pharmacists, they ensure that the highest standards of quality and accuracy are met in the compounding and dispensing of drugs that are vital to the survival and well-being of their patients. This 41 week program prepares grads for positions in a community or hospital pharmacy. Full accreditation from the Canadian Council for Accreditation of Pharmacy Programs (CCAAP).
Tuesday, Jan. 20, 2015 · 7:00 pm – 9:00 pm
Stenberg College - Suite 750 -13450 102nd Avenue, Surrey (Central City Tower)
Please RSVP by email to rsvp@stenbergcollege.com or by telephone: 604-634-0384
Faculty, Industry & Alumni speakers · Q & A · Refreshments & Networking with employers
All attendees will receive $250 Bursary for next start on March 4, 2015
(Cannot be combined with other offers)

STENBERG COLLEGE 604-580-2772 · stenbergcollege.com



Canadian Transport Minister Lisa Raitt, left, and Canada Post CEO Deepak Chopra take part in the unveiling of a stamp of Sir John A. Macdonald during a ceremony at Kingston City Hall to mark the bicentennial of the birth of Canada's first prime minister. FRED CHARTRAND/THE CANADIAN PRESS

Harper praises our first prime minister

Kingston, Ont. 200th anniversary of Sir John A. Macdonald's birthday celebrated

Stephen Harper paid tribute to the country's first prime minister Sunday, marking the 200th anniversary of the birth of Sir John A. Macdonald by saying the Scots-born politician "forged Canada out of sheer will."

"Never forget, there was nothing certain or inevitable about what Macdonald and his fellow fathers of Confederation accomplished. It was in fact remarkable," Harper told a room full of dignitaries — including two former prime ministers — under tight security at the historic city hall in Kingston, Ont.

"Without Sir John A. Macdonald, Canada as we know it — the best country in the world — simply would not exist," Harper said to applause.

Macdonald's political career as a Kingston alderman began the year the cornerstone of Kingston City Hall was laid, 1843, and after his death the first prime minister of Canada lay in state in the same room where Harper delivered his remarks.

The Royal Canadian Mint showed off the template of a new Macdonald $2 toonie, and a refurbished portrait of Sir John A. was unveiled.

It was a decidedly non-partisan event — with former Liberal prime minister John Turner and Progressive Conservative Kim Campbell in attendance — but Harper's comments dovetailed with his Conservative party election message this year that Liberal Leader Justin Trudeau is unready to govern despite his lineage and high-profile name.

"Nation-building is never complete," said Harper, noting the "challenges and opportunities" are even greater as Canada approaches its 150th birthday.

THE CANADIAN PRESS

Historical account

The bicentenary of Macdonald's birth has spurred a fresh round of historical review and research, including some unflattering depictions of Macdonald's policies and attitudes toward Canada's First Nations.

- He helped implement and defended the residential schools system in the 1880s, the impacts of which are felt to this day.
- Harper did not raise the schools issue in his speech but did allude to Macdonald's "faults and failures" — specifically Macdonald's battles with alcohol.

†Subject to credit approval. To be eligible, patients must complete the Custom LASIK procedure on both eyes by March 31, 2015. Cannot be combined with any other offer or discount. *Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

300 total. Robbery among privacy breaches last year

The federal government reported 300 breaches of Canadians' private information in 2014, including a dramatic robbery of a courier truck carrying passports in Venezuela last November, Torstar has learned.

A courier truck leaving the Caracas airport was held at gunpoint on Nov. 11. Two packages containing 61 visa-decision letters, including passports, were among the contents stolen.

Citizenship and Immigration Canada, the department transferring the passports from the visa office in Mexico City to Caracas, informed the privacy commissioner of the breach on Nov. 26, according to documents obtained under access-to-information law.

On Wednesday evening, the department issued a brief statement to Torstar outlining details of the incident.

"(The department) has contacted affected applicants ... (and) for approved applications, affected applicants have been or will be issued a replacement visa immediately once a new passport is submitted," read the statement.

The robbery was one of the more dramatic incidents among privacy breaches reported to Ottawa's privacy watchdog by federal agencies in 2014. According to the privacy commissioner's office, there were more than 3,100 privacy breaches affecting 725,000 Canadians between 2002 and 2012.

TORSTAR NEWS SERVICE

In detail

The Caracas robbery was the second theft of personal information to be reported last November.

- On Nov. 6, Employment and Social Development Canada reported the loss of 19 applications for funding under the New Horizon for Seniors program.
- According to the department, the applications contained the personal information of 124 individuals, including names, addresses, telephone numbers, emails, professions and birthdates.

Members of Canadian Forces Special Operations JTF2 unit storm a ship during Operation Nanook off the shores of Churchill, Man., in August 2012.
ADRIAN WYLD/THE CANADIAN PRESS FILE

Arctic. Spooks deployed against possible spies

The Canadian military has been routinely deploying a counter-intelligence team to guard against possible spying, terrorism and sabotage during its annual Arctic exercise, according to internal documents.

In the view of intelligence experts, the move is unusual because Operation Nanook is conducted on Canadian soil in remote locations of the Far North. Foreign involvement is limited to friendly, close allies.

It is also curious because guarding against such threats at home is usually the purview of either the Canadian Security Intelligence Service or the RCMP, said Wesley Wark, a University of Ottawa professor and one of the country's leading experts on intelligence.

A spokesman for the military's intelligence branch says the team has been deployed every year since 2008, which is two years after Prime Minister Stephen Harper began attending the military exercise with members of the Parliamentary Press Gallery in tow.

The only regular foreign media presence on those trips has involved the Chinese, including the country's official news service and — in 2013 — a representative of a major daily, both of whom are accredited members of the gallery in Ottawa.

THE CANADIAN PRESS

Khaled Al-Qazzaz

Canadian jailed in Egypt released

An ailing Canadian resident imprisoned in Cairo for more than a year has been released from custody in an Egyptian hospital.

A statement released on Sunday by supporters of Khaled Al-Qazzaz says they remain guarded until he is reunited with his family. The 35-year-old University of Toronto engineering graduate is a former aide to ousted president Mohammed Morsi. He was arrested along with Morsi and eight others in July 2013 when the Egyptian military removed the president from office.

Egyptian authorities never charged him nor explained why they arrested him. The case has attracted attention from human-rights activists and groups such as Amnesty International.

An order was given on Dec. 29 by the country's attorney general for his release, but it was not clear why Al-Qazzaz, a father of four, had yet to be freed.

THE CANADIAN PRESS

Space station

B.C. students' science project heading to ISS

A science project that a group of B.C. students dreamed of launching into space was finally on its way to the International Space Station on Saturday.

Four boys from McGowan Park Elementary School in Kamloops celebrated after the rocket their project was aboard successfully launched early Saturday.

The students won a contest last year to have their experiment join 17 other student projects from across North America on a trip to the space station.

But they suffered a major blow in October when the NASA-contracted rocket their project was aboard exploded in a spectacular fireball in eastern Virginia.

The rocket launched from Cape Canaveral in Florida at about 1:45 a.m. Saturday and was expected to dock at the International Space Station by Monday.

THE CANADIAN PRESS

Hundreds of thousands march in Paris on Sunday in a massive show of unity and defiance in the face of terrorist acts that killed 17 people. Officials said it was the largest demonstration in French history. LAURENT CIPRIANI/THE ASSOCIATED PRESS

Millions attend biggest rally in France's history

'Our entire country will rise.' More than three million unite, march across France in solidarity against terrorism

Masses of people joined with world leaders to fill Paris streets Sunday in a rally for unity that officials said was the largest demonstration in French history. Hundreds of thousands more marched in cities around the country and the world to repudiate a three-day terror spree around the French capital that killed 17 people and left the three gunmen dead.

Their arms linked, more than 40 world leaders led the sombre procession — Israeli Prime Minister Benjamin Netanyahu and Palestinian President Mahmoud Abbas; Ukrainian President Petro Poroshenko and Russian Foreign Minister Sergey Lavrov — setting aside their differences for a demonstration French President François Hollande said turned the city into "the capital of the world."

People streamed through the streets behind them and across France to mourn the victims of the deadly attacks on satirical newspaper Charlie Hebdo, a kosher supermarket and police officers — violence that tore deep into the nation's sense of well-being some compared to 9/11 in the U.S.

"Our entire country will rise up toward something better," Hollande said.

The French Interior Ministry said it's hard to calculate the exact number of demonstrators, but more than three million are projected to have marched across France.

"The terrorists want two things: they want to scare us and they want to divide us," French Foreign Minister Laurent Fabius said.

"We must do the opposite: we must stand up and we must stay united."

THE ASSOCIATED PRESS

Quoted

"(The terrorists) want to divide us. We must do the opposite: we must stand up and we must stay united." France Foreign Minister Laurent Fabius

Video of Paris gunman emerges online

Two days after his death, a video emerged Sunday of one of the Paris gunmen pledging allegiance to the Islamic State of Iraq and the Levant (ISIL), while his two fellow militants have claimed to be from al-Qaida — a fierce rival.

In video verified by the SITE Intelligence Group, Amedy Coulibaly said he had worked in co-ordination with Said and Cherif Kouachi, the "brothers from our team," who carried out the massacre at the satirical newspaper Charlie Hebdo on Wednesday.

"We did things a bit together and a bit apart, so that it'd have more impact," he said in fluent French.

The video appeared Sunday on militant websites. Police said they were investigating the conditions under which the video was posted.

The brothers killed 12 people at the Charlie Hebdo offices but were killed two days later by police, who minutes later killed Coulibaly, who had taken hostages in a kosher market.

French police and judicial officials said they believed that while Coulibaly was committed to carrying out an attack, he was less of a strict ideologue or well-honed fighter than the Kouachis — and could have found inspiration from either al-Qaida or ISIL.

All three men were French. Later in the video, Coulibaly called on others to carry out new attacks.

THE ASSOCIATED PRESS

In pictures

1 Israel
A woman at a rally in Tel Aviv holds a pencil and her mobile phone showing the four victims killed in Friday's attack on the kosher supermarket in Paris.
ODED BALILTY/THE ASSOCIATED PRESS

2 Argentina
A woman holds a sign that says "I am Charlie" in Spanish, outside France's embassy in Buenos Aires.
RODRIGO ABD/THE ASSOCIATED PRESS

3 Belgium
A building outfitted in solidarity with the French people, with people holding banners on a main boulevard in Brussels. FRANCOIS WALSCHAERTS/THE ASSOCIATED PRESS

4 West Bank
A Palestinian woman holds a sign that says "I am Charlie" in Arabic during a rally in Ramallah.
MAJDI MOHAMMED/THE ASSOCIATED PRESS

5 England
The facade of the National Gallery is lit in the colours of the French flag in Trafalgar Square in London.
TIM IRELAND/THE ASSOCIATED PRESS

Parts of AirAsia Flight 8501 lie on the deck of the rescue ship Crest Onyx at Kumai port in Indonesia on Sunday. ACHMAD IBRAHIM/THE ASSOCIATED PRESS

Divers recover black box from AirAsia plane

Flight-data recorder.
Data may take weeks to download; cockpit voice recorder still lost at sea

Divers retrieved one of the black boxes Monday from the AirAsia plane that plummeted into the Java Sea more than two weeks ago, a major breakthrough in the slow-moving hunt to recover bodies and wreckage.

The flight-data recorder was found under part of the plane's wing and brought to the surface early in the morning, said Henry Bambang Soelistyo, head of the national search-and-rescue agency.

Divers began zeroing in on the site a day earlier after three Indonesian ships picked up intense pings from the area — but they were unable to see it due to strong currents and poor visibility, said Suryadi Bambang Supriyadi, operation co-ordinator at the national search-and-rescue agency.

He earlier said the black box was lodged in debris at a depth of about 30 metres.

Searchers will continue to scour the seabed to try to locate the other black box, the cockpit voice recorder. They are vital to understanding what brought Flight 8501 down on Dec. 28, killing all 162 people on board.

The flight-data recorder will be taken to the capital city of Jakarta for analysis. It could take up to two weeks to download its recorded data, said Nurcahyo Utomo, an investigator at the National Committee for Safety Transportation.

THE ASSOCIATED PRESS

Brazil

Bus plunges off mountain road

A bus veered off a mountain road near Alfredo Wagner in southern Brazil and fell 50 metres, killing nine people and injuring 25 others, including children. THE ASSOCIATED PRESS

Peru

23 die after bus crash in Andes

Peruvian authorities said a bus carrying more passengers than permitted fell 100 metres in a remote area of the Andes, killing 23 and injuring 44. THE ASSOCIATED PRESS

Mozambique. Tainted beer kills 56 mourners

Contaminated traditional beer has killed 56 people in Mozambique, health authorities in the southern African country said on Sunday.

An additional 49 people were admitted to hospitals in the Chitima and Songo districts in the northeastern Tete province, and 146 more people have reported to hospitals to be examined for the poisoning, district health official Alex Albertini told Radio Mozambique.

Pombe beer

Pombe, a traditional Mozambican beer, is made from millet or corn flour. Authorities believe that the drink was poisoned with crocodile bile during the course of the funeral.

Those who drank the contaminated brew were attending a funeral in the region on Saturday, Albertini said.

Blood and traditional beer samples were being sent to the capital Maputo to be tested, said provincial health director Carle Mosse.

"We don't have the capacity to test the samples," she told Radio Mozambique.

Mosse told Radio Mozambique on Sunday that she expected the situation to worsen because the region did not have the necessary resources to deal with the disaster.

Mourners who drank the beer in the morning reported no illness, while those who drank the beer in the afternoon, fell ill, authorities said. They believe the beer must have been poisoned while funeral-goers were at the cemetery.

The woman who brewed the beer is also among the dead. THE ASSOCIATED PRESS

新年快樂

AB10638
2013 HYUNDAI ACCENT
Automatic, A/C, convenience group, power group, CD player, radio & more
$51 WEEKLY @ 84 MONTHS
SALE PRICE $12,995

AB10611
2013 TOYOTA YARIS
Great on gas, automatic, power group, A/C, traction control, keyless entry, CD, & more
$51 WEEKLY @ 84 MONTHS
SALE PRICE $12,995

AB10661
2010 SUBARU FORESTER
Limited edition, AWD, automatic, A/C, sunroof, heated leather seats, CD & more
$83 WEEKLY @ 84 MONTHS
SALE PRICE $21,995

AB10646
2012 TOYOTA CAMRY LE
FWD, automatic, A/C, power group, CD, radio & more
$61 WEEKLY @ 84 MONTHS
SALE PRICE $15,995

AB10627
2011 SUBARU FORESTER
Automatic, AWD, sunroof, power group, A/C, folding rear seats & more
$65 WEEKLY @ 84 MONTHS
SALE PRICE $17,995

AB10604
2013 SUZUKI SX4
AWD, A/C, power group package, navigation, CD player & more
$76 WEEKLY @ 84 MONTHS
SALE PRICE $19,995

AB10641
2012 VOLKSWAGEN JETTA TDI
Diesel, 6 speed automatic, A/C, power group, alloy wheels, CD, radio & more
$76 WEEKLY @ 84 MONTHS
SALE PRICE $19,995

AB10660
2013 NISSAN VERSA
Great on gas, automatic, power group, A/C, convenience package, CD player & more
$51 WEEKLY @ 84 MONTHS
SALE PRICE $12,995

AB10614
2014 DODGE CHARGER SXT
Low kms, automatic, power group, heated leather seats, sunroof & more
$101 WEEKLY @ 84 MONTHS
SALE PRICE $26,995

AB10636
2011 NISSAN ROGUE
AWD, automatic, A/C, power group, keyless entry, CD, radio & more
$58 WEEKLY @ 84 MONTHS
SALE PRICE $14,995

AB10624
2013 FIAT 500C CONVERTIBLE
Convertible , fun car to drive,, great on gas, power group, A/C, keyless entry & more
$65 WEEKLY @ 84 MONTHS
SALE PRICE $16,995

AB10645
2011 FORD FLEX SEL
AWD, Leather, automatic, climate control, power group , leather package & more,
$83 WEEKLY @ 84 MONTHS
SALE PRICE $21,995

AB10633
2010 TOYOTA RAV4 SPORT V6
AWD, automatic, power group, leather package, A/C, CD player, sunroof & more
$77 WEEKLY @ 78 MONTHS
SALE PRICE $18,995

AB10632A
2010 SUBARU IMPREZA SPORT
AWD, automatic, A/C, convenience package, sunroof, keyless entry ,CD, radio & more
$58 WEEKLY @ 78 MONTHS
SALE PRICE $13,995

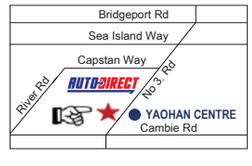
AB10573A
2010 SUZUKI SX4
Automatic, A/C, power group, CD, radio, keyless entry & more
$33* WEEKLY @ 78 MONTHS
SALE PRICE $6,995

S15199A
2013 DODGE AVENGER SXT
Automatic, A/C, power group, leather seats, keyless entry, alloy wheels & more
$61 WEEKLY @ 84 MONTHS
SALE PRICE $15,995

Terms based on at 4.77%/*6.97% OAC, with $0 down payment (subject to credit approval) over varied month terms as listed. OAC weekly payment. Documentation fee $895. DL #31151.

AUTO DIRECT
RICHMOND SUZUKI

3771 NO.3 ROAD, RICHMOND
OPPOSITE YAOHAN CENTRE
1.888.904.6759
www.wcautodirect.com



Digital media. Fresh voices shake up news

A slightly fuzzy, zoomed-in screen grab from question period took a brewing controversy for Environment Minister Leona Aglukkaq, and crystallized it into a tale of callous indifference.

"Leona Aglukkaq reads newspaper, ignores questions about people looking for food in dump," read the headline last month by Press Progress, a social-media focused news organization funded by the Broadbent Institute.

From there the story was touched on by mainstream news organizations, who appeared to miss the fleeting visual during the House of Commons broadcast.

Press Progress is snarky, easy-to-read, unabashedly left-wing and opinionated, and part of a new group of digital media organizations covering politics on Parliament Hill. Vice, The Tyee, the Vancouver Observer, and rabble.ca now have correspondents in Ottawa. The digital outlets iPolitics and Huffington Post were the first of the new wave.

The new Canadian players with different funding models are filling in some of the empty chairs in the press gallery left by shrinking traditional media outlets. And they're challenging some of the notions about what political reporting looks like.

The new outlets aren't just altering the media landscape on Parliament Hill, but ultimately also the larger political communications context.

Parties are already grappling with how to reach audiences, which are more fragmented and less loyal.

THE CANADIAN PRESS

If the current price at the pumps holds until the spring, the Canadian Automobile Association expects an increase in the number of people travelling by car this year, raising hopes within Canada's tourism industry that 2015 will be a banner year. MICHELLE SIU/THE CANADIAN PRESS

Cheap gas good for tourism: Industry

More bang for their buck. Tourism operators may use lower loonie to bring more Americans to Canadian roadways

Falling gas prices and a weakening loonie are raising hopes within Canada's tourism industry that 2015 will be a banner year.

Ian Jack, a spokesman for the Canadian Automobile Association, says if the price at the pumps holds until the spring, he expects an increase in the number of people travelling by car this year. According to the CAA, the national average price of gas hit a high of $1.39 a litre last June. On Friday, that average was 92 cents a litre.

Only 14 per cent of about 1,000 CAA members surveyed said they planned to drive more during the recent Christmas holidays. But Jack said most people don't like to drive in the winter and he expects those numbers will rise during the warmer months.

"If we continue to see low prices into the spring and summer we do expect a significant uptick in car vacations in Canada," he said.

Statia Elliot, director of the school of hospitality, food and tourism management at the University of Guelph, agrees.

"I think with the way the dollar is and the way gas prices are, we're going to see good, strong demand for summer vacations," she said, adding that cost is one of the top factors people consider when deciding to travel.

"Three-quarters of what we call tourism is generated by our own Canadian travel, and with low gas prices, that will encourage more people to get in the car and travel closer to home," she said.

Elliot said that, while Americans likely aren't watching the loonie, smart tourism operators will use their marketing savvy to encourage Americans to come to Canada. THE CANADIAN PRESS

Other side of the coin

Falling price hits oilpatch

When it comes to figuring out how much pain tumbling crude prices are going to inflict on the oilpatch, one investment strategist says it's not so much a question of how low oil will go, but of how low for how long.

"You don't really know at this point how it's going to turn out," said Kara Lilly, with Mawer Investment Management in Calgary.

A barrel of U.S. benchmark crude oil settled at $48.36 US on Friday, less than half of where it was just six months ago.

The price weakness has already caused widespread cuts in the oilpatch, with drilling budgets being sliced. The spectre of job losses looms.

THE CANADIAN PRESS

Laser Hair Removal
Legally Blonde?
now offering
Laser Hair Removal for:
• Blonde Hair
• Red Hair
• Grey/White Hair
with Syneron ēlos technology
50% OFF 1st Treatment!
(for new clients, any body area)
604-255-2737
www.ElectraLaserHairRemoval.com
ELECTRA LASER
HAIR REMOVAL & SKIN REJUVENATION EXPERTS
L12 - 955 Hornby St. Vancouver

NEED MONEY?
$300 - $1500
• No credit checks
• No upfront fees
CALL NOW!
1-866-499-5629
WWW.MYNEXTPAY.CA

EVER FOREX
BEST EXCHANGE RATES GUARANTEED!
• Money Exchange
• Worldwide Money Transfer
• 24*7 Online Trading
Live Rates: everforex.ca • Toll Free: 1 800 699 4816
LOCATIONS IN VANCOUVER, RICHMOND, BURNABY, SURREY, MARKHAM, TORONTO & WORLDWIDE

Are you:
• An Internationally Trained Professional?
• A Canadian Citizen or Permanent Resident living in BC?
• Lacking affordable financial support for licensing?
we can help!
Contact us at 604.232.1100 or www.success.bc.ca/FCRloan
FCR S.U.C.C.E.S.S.
Canada Funded in part by the Government of Canada's Pan-Canadian Innovations Initative

Earn travel rewards up to 4x faster.[1]

No annual fee for the first year. Plus, get 20,000 bonus points, **good for $200 in travel.[2]**

With the Scotiabank®* Gold American Express® Card, you'll enjoy the freedom and flexibility to redeem points before or after your trip with no blackouts, seat restrictions or booking fees.

www.scotiabank.com/4xfaster

You're richer than you think.®*

Scotiabank®*

®* Registered trademarks of The Bank of Nova Scotia. ® American Express is a registered trademark of American Express. This credit card program is issued and administered by The Bank of Nova Scotia under license from American Express. [1] You will earn 4 points per $1 on the first $50,000 in purchases made annually at American Express merchants classified in the American Express network as: Gas Service Stations (with or without Ancillary Services and with Merchant Code: 5541) and Automated Fuel Dispensers (Merchant Code: 5542); Grocery Stores and Supermarkets (Merchant Code: 5411); Eating Places and Restaurants (Merchant Code: 5812), Drinking Places (Alcoholic Beverages) including Bars, Taverns, Nightclubs, Cocktail Lounges, and Discotheques (Merchant Code: 5813), Fast Food Restaurants (Merchant Code: 5814); Entertainment including Motion Picture Theaters (Merchant Code: 7832), Theatrical Producers (except Motion Pictures) and Ticket Agencies (Merchant Code: 7922), Bands, Orchestras and Miscellaneous Entertainers – Not Elsewhere Classified (Merchant Code: 7929). Some merchants may sell these products/services or are separate merchants who are located on the premises of these merchants, but are classified by American Express in another manner, in which case this added benefit would not apply. You will earn 1 point per $1 on purchases made after you have reached the 4 points per $1 $50,000 annual spend maximum and on all other purchases made with the card. Points are not awarded for cash advances, Scotia Credit Card Cheques, Scotia Rewards Dollars, returns, payments, casinos and gambling, annual membership or card fees, interest charges or service transaction charges. [2] The introductory annual fee waiver only applies to the initial annual fee for the primary and additional cards. The Scotiabank Gold American Express Card regular interest rate is 19.99% for purchases. For cash advances, balance transfers and Scotia Credit Card Cheques the interest rate is 21.99%. The regular annual fee is $99 per year for the first card issued on the account; additional cards are charged an annual fee of $29 per year per card when issued regardless of card activation and will be billed to your first statement and once a year thereafter. Any additional cards must be issued by February 28, 2015, to qualify for the offer. The 20,000 Scotia Rewards bonus points are awarded when you use your Scotiabank Gold American Express Card for at least $1,000 in net purchases posted to your account in the first three months from the account open date and provided the account is open and in good standing. Net purchases are defined as the cost of goods and services purchased on your credit card account, less amounts credited for refunds on such purchases. The points will appear as an adjustment on your Scotiabank Gold American Express Card statement within two statement cycles after the third billing cycle has passed. Offer applies to new accounts opened by February 28, 2015. Rates and fees are as of September 1, 2013 and are subject to change without notice.

VOICES

AN EDUCATION (THAT'S FREE!)

With the city on the lookout for new members, Metro columnist urges you to join a civic advisory committee today — and tomorrow, rule the world

CITY HOLLER
Trish Kelly

The City of Vancouver is on the lookout for new members for its civic advisory committees. The public call for applications closes Jan. 30, so Vancouverites have a limited window to apply.

I've had a pretty colourful life, but my time serving on one such committee, the Vancouver Food Policy Council, was one of the best experiences of my life. My time on the advisory council taught me as much as an undergrad, and the education was free.

I didn't even really know what "food policy" was when I applied, but I loved food and cared about my community. I also had an inkling that some of the problems in my neighbourhood could be solved through city hall. During my years on the council, I helped draft policy to allow backyard chickens, get local food into park concession stands, and even make food a key part of the Greenest City Action Plan.

The city has 21 citizen advisory councils from the arts and cultural policy council to the newly minted renters'advisory committee. There are committees that focus on LGBTQ issues and how to make Vancouver more accessible for people with disabilities. Whether you have an expert level of knowledge or lived experience on a given subject, there is a committee for you.

The city's recruitment website details eligibility, which for most committees requires that you live, work or have a significant relationship to Vancouver. Applications are reviewed by several city councillors, and in the stronger committees, returning members are given a chance to make recommendations for any vacancies. Aside from looking for applicants with interesting relevant backgrounds, selections aim to reflect the diversity in our city.

The work of the committee can be passive, meeting every few months to give feedback on draft policy the city is developing. Super-keen committees meet more often, organize community forums, and push policy ideas to city council.

I can't say that all the committees are as fun as the food policy council. The best committees have strong staff liaisons bringing updates and connecting to other city staff working on the same issues. An engaged city councillor liaison is also important if the committee wants to have any teeth. Any committee that wants to be effective, needs to have access to some funds for public engagement.

During the civic election, inadequate community consultation was a key criticism and reason the mayor found himself apologizing in the final days of the election. The civic advisory committees can act as bridges between the community and the city, and it would be wise for the current council to ensure committees have the funds they need to fulfill this role. Smart committees will demand it.

Trish Kelly lives and writes in East Vancouver.

Your Vancouver

Foggy days

A Harbour Air floatplane sits in the fog at the seaplane terminal in Coal Harbour on Thursday.
JENNIFER GAUTHIER/METRO

SEE YOUR SHOT HERE: Send us high-resolution snaps of your city to readers@metronews.ca

Letters

RE: Nurses' union calls for end to flu-shot policy, published Tuesday, Jan. 6, 2014

I am disappointed to see the comments from the head of the BCNU calling for an end to B.C.'s health care worker influenza protection policy.

The current influenza season has already shown itself to be different from last year. While last season was generally mild for seniors, the viruses circulating this year pose a greater risk — for seniors in particular. We have seen a record number of influenza outbreaks in long-term care facilities, and outbreaks in acute care facilities as well.

This severe effect on seniors is because it is the A/H3N2 virus which is the predominant strain this year. In previous years when this was the circulating strain, we saw a similarly "moderately severe" flu season.

Increasing the risk this season is the finding that most of the H3N2 viruses which we have identified in the community so far are "drift variants," or viruses with genetic changes that make them different from this season's vaccine. This means that while the vaccine provides excellent protection against the circulating A/H3N2 viruses that match the vaccine strain (as well as the H1N1 and influenza B viruses in this year's vaccine), its ability to protect against "drift" strains is reduced. Data on the exact degree of protection will only be available closer to the end of the season, but is clearly it is not at the levels we would like to see.

It is, however, important to note that even in the context of partial mismatch, the vaccine provides some cross-protection against the drifted strains — those who have been immunized will likely have a milder illness if they do become infected. During the 2007-2008 flu season, the predominant H3N2 virus was also a drift variant, yet the vaccine had an overall effectiveness of 42 percent against H3N2 viruses — which is certainly better than zero protection.

While we agree with Ms. Duteil that frequent handwashing is very important, it is an adjunct to immunization and not a replacement.

Sincerely,
Dr. Perry Kendall
Provincial Health Officer

metro

Star Media Group President John Cruickshank • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Vice-President & Editor-in-Chief, Metro English Canada** Cathrin Bradbury • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, Features** Amber Shortt • **Managing Editor, Canada, World, Business** Matt LaForge • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice President, Content & Sales Solutions** Tracy Day • **Vice-President, Sales** Carolyn Sadler • **Vice-President, Finance** Phil Jameson • **METRO VANCOUVER** 375 Water Street - Suite 405 Vancouver, BC V6B 5C6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca • **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca

Cable TV rules Golden Globes

Award season.
Major TV networks mostly shut out of winner's circle while indies make a strong showing on film side

NED EHRBAR
Metro in Hollywood

The reigning theme on the red carpet for this year's Golden Globes might have been red gowns, but inside the Beverly Hilton it was awkwardness — horrible, painful awkwardness. Even veteran hosts Tina Fey and Amy Poehler couldn't escape the cringe-inducing atmosphere in the Beverly Hilton ballroom, especially when launching into dueling Bill Cosby impressions.

Even planned bits during the awards show — like Margaret Cho as a Hollywood Foreign Press Association member from North Korea taking a photo with Meryl Streep — were awkward, though in that case that might have been the point. And the awkwardness seeped into the spontaneous moments, like when Jeremy Renner made mention of co-presenter Jennifer Lopez's "globes" (see sidebar).

Of course, the real point of the night was the awards. On the film side, the indie film presence was strong. Boyhood was the big winner, taking home best drama and best director, plus a win for Oscar favorite Patricia Arquette in best supporting actress. Wes Anderson's The Grand Budapest Hotel won the best comedy feature award, while Michael Keaton won best actor in a comedy or musical for Birdman — which also won best screenplay — and J.K. Simmons won best supporting actor for his work in the Sundance hit Whiplash. Elsewhere, How to Train Your Dragon 2 took best animated film, The Theory of Everything won best score and Common and John Legend's Mercy for Selma won best original song.

In the world of TV, things were less awkward than they were surprising as Jane the Virgin star Gina Rodriguez surprised awards prognosticators by taking best actress in a comedy or musical and Amazon's first nominated series, Transparent, won best comedy or musical series and best actor for star Jeffrey Tambor.

In fact, the four major TV networks — CBS, NBC, ABC and Fox — were pretty much shut out from the awards Sunday night. Joanne Froggatt brought home her first Golden Globe, a supporting actress trophy, for Downton Abbey, taking home an award her co-star Maggie Smith has previously won. But the big winner for the night was freshman FX drama Fargo, which earned an award for the show itself and supporting actor Billy Bob Thornton. Showtime's The Affair was also a big winner, brining home best drama series and best actress for Ruth Wilson. Kevin Spacey matched Robin Wright's win last year with his own for House of Cards.

Despite high hopes, Tina Fey and Amy Poehler turned in possibly their weakest Globes hosting appearance, disappearing for most of the show after a stilted opening. Even before the show began, hosts Fey and Poehler confirmed that this go at hosting the awards — their third in a row — would be their last. "Next year they should go with someone younger and easier to work with, like a Japanese hologram," Poehler joked on the red carpet. Maybe next year's will be less awkward.

FOR MORE ON THE GOLDEN GLOBES, VISIT METRONEWS.CA

From left: Tina Fey, Margaret Cho — as a North Korean journalist — and Amy Poehler. THE ASSOCIATED PRESS

Kevin Spacey accepts the award for best actor in a TV drama series for his role in House of Cards.
THE ASSOCIATED PRESS

Amy Adams takes home a Golden Globe for her role in Big Eyes. GETTY IMAGES

Awards snafu

Golden Globes lets a little something slip

As if Hollywood hasn't had enough leaks of late.

For a short time on Friday night, the official website of Sunday's Golden Globe Awards posted what appeared to be this year's winners in two top Globes categories, setting off some momentary excitement in the industry trade press.

The Hollywood Foreign Press Association, which runs the annual awards, referred all inquiries to its site administrator, Bluefin.

"While testing the official website of the Golden Globe Awards for Sunday's ceremony, Bluefin inadvertently took the test live," said a company statement. "We randomly selected two film titles with no knowledge of the category winners. We are solely responsible for the error."

THE ASSOCIATED PRESS

Awkward moments

1 While presenting an award with Lopez, Renner decided to try ad-libbing. Lopez pointed out that she had "the nails" to open the envelope, to which Renner added that she also had "the globes." She did not seem pleased. Her dress was not doing J.Lo any favours, with some sort of rogue underwire taking it upon itself to impale one of her boobs the whole night. It was ... distracting.

2 Competing Cosby impressions: Amy Poehler and Tina Fey broke the seal on Bill Cosby jokes early, but segued quickly into trying to get his voice right while the audience cringed.

3 The lack of A/C: This was also a remarkably shiny Golden Globes this year, too, with presenters, winners and random audience members looking very, very sweaty.

4 Jennifer Aniston was joined on stage by Benedict Cumberbatch, who was seemingly picked at the last moment by Fey and Poehler. Either he really was, or he and Aniston are better actors than we thought, because that banter was struggling.

5 Kristen Wiig's Robert De Niro impression: Apparently there are some things she can't do.

SCENE

Hurry, our New Year's Seat Sale ends soon.

Save now on flights and vacation packages all the way to summer.*

Book today at westjet.com or call your travel agent.

WESTJET

*Some restrictions apply.

Red carpet looks from the glitzy Golden Globes

One VIP guest came to the Golden Globes nearly naked and boldly sat by the door as though nothing was amiss. Salem, a canine expert at sniffing out explosives, just wore his regular work vest to the black-tie affair at the Beverly Hilton Hotel. Here are some of the mostly fully clothed stars who passed Salem's sniff test

ALL PHOTOS: GETTY IMAGES

George Clooney arrived exactly an hour before the start of the Golden Globe Awards, and he brought along some famous friends. Model Cindy Crawford and actor Bill Murray rode in a sport utility vehicle with Clooney, who upon exiting the vehicle pointed out his new wife, Amal, to bleacher fans. The group received boisterous cheers, but the loudest ones were reserved for Mr. and Mrs. Clooney. Some stars, including Clooney, sported "Je Suis Charlie" pins. THE ASSOCIATED PRESS

Lena Dunham

Kerry Washington

Emma Stone

Amy Adams

Wearing an elegant tuxedo, The Theory of Everything's Eddie Redmayne proved why he has made a number of best-dressed male celebrity lists this year.

Matthew McConaughey

Gone Girl's Rosamund Pike walked the red carpet in a daring sideless and backless Vera Wang dress. She told InStyle magazine the week before that, "What you try to do is something that will live up to a dream you might have had when you were a little girl."

Orange is the New Black star Taylor Schilling.

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Blake Lively ALL PHOTOS GETTY IMAGES

Be careful, or Blake Lively will surprise you with a baby

So maybe the real reason Blake Lively held off on announcing the birth of her daughter for a couple of weeks was so that she could punk her friends.

She at least managed to pull off a surprise baby attack with one pal, Sisterhood of the Traveling Pants co-star Amber Tamblyn. When asked how she found out about Lively's big news, Tamblyn responded with a measured, "That bitch! She tricked me," according to People magazine.

See, what happened was that Tamblyn was heading up to Lively's Bedford, N.Y., home recently, totally unaware that the nursery was now occupied. "I went up there and I didn't know. Everybody knew but me, and she does that s— to me," Tamblyn explains. "She was texting me about wallpaper. She was like, 'You've got to come see my new wallpaper.' And I went up there, and there was her baby." Enjoy it while you can, Blake, because that trick only works so many times.

Bieber's camp insists Calvin Klein images were 100 per cent Canadian bacon

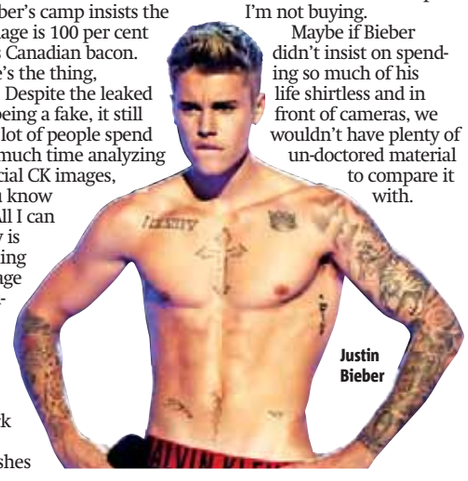
So those supposedly original photos from Justin Bieber's Calvin Klein photo shoot showing a much skinnier and less well-endowed Biebs that hit the Internet late last week? Totally fake.

Maybe the fact that they were leaked to a website you've never heard of before should've been a clue. Or maybe a closer look at Bieber's crotch — and again, I'm really sorry I have to keep suggesting you look at that — would have clearly shown that the "un-retouched" photos were actually more Photoshopped than the official versions.

That website, breatheheavy.com, by the way, removed the image and posted a retraction, saying it had received a cease and desist letter. The Calvin Klein folks swear that Bieber acted like a perfect little gentleman the entire shoot, and Bieber's camp insists the final image is 100 per cent Bieber's Canadian bacon.

Here's the thing, though. Despite the leaked image being a fake, it still made a lot of people spend far too much time analyzing the official CK images, and you know what? All I can see now is retouching and image manipulation. For instance, that massive back muscle that pushes out past his shoulder blades? Yeah, no. And the bloated pecs, I'm not buying.

Maybe if Bieber didn't insist on spending so much of his life shirtless and in front of cameras, we wouldn't have plenty of un-doctored material to compare it with.



Justin Bieber

Beckham brood proves they're not camera-shy

Speaking of young boys and modelling, another one of David Beckham's kids is getting in on the game. Eldest son Brooklyn Beckham did a shoot for Reserved's spring 2015 campaign. While it's not as high-profile as younger brother Romeo's recurring Burberry work, a gig is a gig. Hey, I had a job when I was 15, too, but it involved more than just standing around and looking pretty. But at least now Brooklyn has something he can talk to Jude Law's kid about.

Brooklyn Beckham

Bradley Cooper

Who'll turn up for Wet Hot American Summer reboot?

An eight-episode series sequel to the 2001 cult comedy film Wet Hot American Summer may sound like one of the stranger ideas that Netflix has ever had, but it just got infinitely more awesome. Deadline reports that the series has already started filming, with "virtually its entire ensemble cast returning." We have no idea who from the original cast is included in that "virtually" bit, but that's a lot of star power to choose from. The original film starred some notable names like Bradley Cooper, Amy Poehler, Raul Rudd, Janeane Garofalo, Ken Marion, Christopher Meloni, Molly Shannon and David Hyde Pierce. Guess we'll just have to wait and see.

DINE OUT VANCOUVER HOTEL STAYS, THREE WAYS

What's better than a three-course dinner date for just $18, $28 or $38 dollars each? Checking into a hotel afterwards so that you can both enjoy a few glasses of BC VQA wine without the worry of driving home.

This year, Dine Out Vancouver Festival organizers are encouraging you to Dine Out and take the elevator home.

Keen to inject more sizzle to your romance? Adding a hotel stay is the ultimate way for couples to experience Dine Out Vancouver. You don't have to leave town for a mid-winter gastronomic getaway, and with 17 days of culinary events, 277 festival menus and great hotel offers, Dine Out has you covered for date night and beyond.

So clear the calendar and drop the kids off with the in-laws. Here are three ways to turn Canada's biggest food and drink festival into a fully baked culinary staycation.

OVERNIGHT STAYS STARTING AT $78

Mirroring the three price points offered by Dine Out Vancouver restaurants are a selection of one-night hotel stays at price points of $78, $108 and $138 dollars per night. The 21 hotels on offer include the Comfort Inn ($78), the Granville Island Hotel ($108) and the St. Regis Hotel ($138).

FULL-ON GASTRONOMIC WEEKENDS FEATURING CHEF TOURS, COOKING CLASSES AND EVENT TICKETS

New this year are four exclusive Club Amuse-Bouche Collection hotel packages, which pair two-night luxe accommodation with once-in-a-lifetime culinary experiences and Dine Out event tickets. The Listel Hotel's "Forage & Feast" package features an edible food identification rainforest walk with Chef Chris Whittaker, a private preserving workshop, and a 10-course West Coast Winter tasting menu. Meanwhile, The Sutton Place Hotel's "Ultimate West Coast Culinary Adventure" package will have you shucking and tasting with a world-ranked oyster shucker, shopping at Granville Island Market with Chef Alex Cheng of Boulevard, and chowing down with tickets to Dine Out Vancouver's Main Street Brunch Crawl event. These two-night packages range from $1,599 to $2,250 and are priced for two people.

DINE AND STAY PACKAGES

Fourteen hotels are offering overnight stays combined with a three-course dinner at their in-house restaurant or an eatery nearby. Prices vary but offerings include The Wedgewood Hotel & Spa (starting at $270 for a one-night stay, three-course dinner at Bacchus, parking and breakfast), Opus Hotel ($270 for a one-night stay, three-course dinner at La Pentola and valet parking), and Lord Stanley Suites on the Park ($175 for an overnight stay and a three-course dinner at Ciao Bella).

For more information and to book, visit:
DineOutVancouver.com

AMBER SESSIONS / FOR TOURISM VANCOUVER

DVD review

Gone Girl

Director. David Fincher

Stars. Ben Affleck, Rosamund Pike, Neil Patrick Harris

David Fincher's Gone Girl takes a big beach read about a troubled marriage and turns it into a suspenseful screen indictment of modern times. It's a transformation of skill and daring by Fincher and author/screenwriter Gillian Flynn, who pares her voluminous prose without sacrificing essence. Fear not the careless clod or online troll who spills so-called plot spoilers. The "who" and "how" of the unhappy marital saga of Nick Dunne (Ben Affleck) and his wife Amy (Rosamund Pike) is less gripping than the "why." It's an excoriating examination of institutions under stress — marriage, the justice system, the economy, the media — viewed with a jaded eye and a ruthless mind.

Love Is Strange

Director. Ira Sachs

Stars. John Lithgow, Alfred Molina

Ira Sachs goes for the unexpected in this well-told story of aging New York gay couple Ben and George, played by John Lithgow and Alfred Molina, who suddenly lose their home, comforts and dignity. After 39 years together, Ben and George tie the knot. This pleases them, but not the anti-gay hierarchy of the Catholic school where George teaches. He loses his job, forcing the newlyweds to move out of their beloved apartment. Many directors would have made this a human rights story. But as the title suggests, Sachs is not out to pursue misery. He's far more interested in love and its odd contours, no matter where it finds a roost.

PETER HOWELL

Link, Master Chief, Batman and Drake

Video Games. Popular stars and promising newcomers are headed to a gaming machine near you this year

Battlefield Hardline is an interactive game of cops and robbers. ELECTRONIC ARTS

Link, Master Chief, Batman and Nathan Drake will be back in action this year, along with such newcomers as a team of intergalactic monster hunters and their prey, a band of high-tech criminals and their pursuers, and a battalion of explorers and their generated universe. Here's a glimpse into some of 2015's most anticipated games.

Batman: Arkham Knight: (PS4, Xbox One, PC). After three editions of stomping, gliding and grappling through a virtual Gotham, Batman has keys to the Batmobile in the Dark Knight finale. This time, besides old-school baddies like Penguin and Scarecrow, he is facing off against a new menace called Arkham Knight.

Battlefield Hardline: (PS3 or 4, Xbox 360 or One, PC). Visceral Games is dodging the military in favour of an interactive game of cops and robbers in the latest entry of this first-person-shooter series. The action will include bank heists, police chases and hostage rescue missions.

Evolve: (PS4, Xbox One, PC). After tackling team-based zombie slaying in Left 4 Dead, Turtle Rock takes on monster hunting in this multiplayer shooter with a twist. Instead of equal squads aiming for each other, Evolve pits a team of four against one player portraying an oversized, overpowered behemoth.

The Order: 1886: (PS4). In this third-person alternate history romp, the Knights of the Round Table battle supernatural forces with steampunk gear across London.

Metal Gear Solid V: The Phantom Pain: (PS3 or 4, Xbox 360 or One, PC). One-man army Snake is dispatched to Afghanistan during the Cold War to take down Soviet forces. This seeks to be the most liberating Metal Gear yet, with sandstorms and daylight affecting your stealthy tasks.

No Man's Sky: (PS4, PC). Hello Games has created virtual worlds with randomly generated landscapes; meaning plants, animals and atmospheres will look different for each person playing this ambitious exploration title.

Uncharted 4: A Thief's End: (PS4). After surviving a trek through a sprawling desert and a jaunt through an ancient crumbling city, Nathan Drake returns for his first quest on the PS4.

Other anticipated titles include The Witcher 3: Wild Hunt, Tom Clancy's The Division, Quantum Break, Star Wars: Battlefront, Rise of the Tomb Raider, and Star Fox.

THE ASSOCIATED PRESS

Exclusive titles

- **Bloodborne.** PS4. Dark Souls' Hidetaka Miyazaki takes a stab at PS4 with this role-playing title set in a gothic enclave overrun by monsters.
- **Halo 5: Guardians.** Xbox One. Halo hero Master Chief is joined by super-soldier Locke, along with a slew of fresh abilities.
- **The Legend of Zelda.** Wii U: Link and his trusty steed Epona are set free in an expansive realm.

Retro games. Free online archive contains 2,300 titles from '80s and '90s

Commander Keen is one of 2,300 retro games available online. AFP

Thousands of old computer games are now playable online through a 2,300-title archive featuring many 1980s and '90s classics.

Among the collection are such titles as educational adventure The Oregon Trail, geographical eviscerator Scorched Earth, martial arts simulation Budokan, sports-car racer Lotus — The Ultimate Challenge, and LucasArts film tie-in Indiana Jones and The Last Crusade.

Each game is presented in its original form, but without crucial instruction manuals or copy-protection codes, making play a trial-and-error affair. Some enterprising individuals have started providing vital information in the user reviews.

The gaming project follows similar collections on the archive, which include emulated collections for various legacy consoles, such as the Atari 2600, Magnavox Odyssey 2, ColecoVision, along with the Sega Genesis and Game Gear.

The games are available at archive.org/details/software.

AFP

Historical drama, hysterical swordplay or methodical game play are all equally entertaining in their own way

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Ebooks

The Book of Negroes

By. Lawrence Hill

Kindle/iBooks/Kobo

Society at its worst will bend a person to its most base needs. Hill's historical drama captures with astonishing insight the way this happens from one stage of life to the next. Now a CBC mini-series.

App

The Princess Bride

iPhone/iPad
$4.59

It's inconceivable! But this fun collection of mini-games does involve sword fights, shrieking eels, miracle pills, and the cliffs of insanity, along with a playful mix of audio from the much-loved movie classic.

Video game

Name. Captain Toad Treasure Tracker

For. Nintendo Wii U

Rated. Everyone

If you're brave, a little can achieve a lot. Toad may be small, slow-moving, and unable to jump, but give his 3D world a spin and you can help him slip past traps and bad guys using secret paths only viewable from the right angle.

Don't be a divorce dummy

Legal bills. Avoiding lawyers might seem like a good idea when navigating a split, but separation agreements need to be solid

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Be aware that so-called 'kitchen table' agreements usually don't pass court scrutiny. ISTOCK

Everyone knows divorce is expensive. According to Darren Gingras, President of the Common Sense Divorce (with which I am affiliated), the average divorce costs $15,000 to $25,000 depending on whether the courts have to get involved. Is it any wonder people would rather DIY?

You might be tempted to take family law matters into your own hands because you're trying to save money.

Maybe you don't think your case is particularly complicated. Perhaps you have a basic mistrust of lawyers and the legal system's penchant for making everything more complicated than it need be.

Or maybe you just don't want to spend the money; splitting assets is going to leave you broke enough!

Hey, I hear what you're saying. But I've been divorced enough times to know that if you don't know what you're doing — and if you're not a family lawyer, you don't — you could miss some important things that will screw with you later.

No, I'm not saying you have to hire a gunslinger.

I'm saying if you don't know what you don't know, how will you avoid stepping in the poop?

Family lawyers have a name for those documents people like to create for themselves as they are separating: They call them 'kitchen table' agreements, because they're often signed in the kitchen over a cup of coffee. And their eyes flash with delight because they know that untangling the mess made will be profitable for them. Very profitable.

Sure, you'll save some money if you work out the details of your separation agreement amicably. That's common sense. But if you don't get independent legal advice to ensure all the i's are dotted and the t's crossed, lawyers and court costs may be in your future.

Just because you agree to a thing doesn't make it stickable. Just because you execute it, have it witnessed and follow it religiously, doesn't make it stickable. Kitchen table agreements can be tossed to the curb as soon as the weaknesses have been uncovered.

Take for example the kitchen table agreement that was thrown out by an Ontario court because child support was not implemented according to Ontario provincial guidelines.

And the kitchen table agreement that was nullified because financial disclosure wasn't done, so one spouse didn't fully appreciate what she was giving up when she waived her claim to her partner's pension.

And the kitchen table agreement in which one partner tried to pull the wool over the other's eyes.

Courts booted those agreements to the curb, leaving them not worth the paper they were written on. And because the courts got involved, those cheap kitchen table agreements got very, very expensive.

Perhaps it is our desire to get out of our current relationship that has us rushing to agree.

Hey, it all seems so reasonable right now. But what about the future?

Will whatever you agree to today stand the test of time?

And how about the tax man? Will he come looking for his piece of the pie?

Creating a legally binding and long-lasting separation agreement doesn't mean you have to go to court. Nor does it mean that you have to escalate matters.

And you don't have to give away all of your assets to the legal system, either.

It does mean spending enough money to ensure that your separation agreement is consistent with the your province's Family Law Act and that everyone involved fully understands what it is that they are agreeing to and signing.

How much is enough? According to Gingras, for a separation agreement to have teeth, you're looking at about $4,000.

No matter how tempted you may be to "keep the lawyers out of it," please, please don't put your faith in an office-supply-store separation agreement kit.

Gingras has seen more of these go south than he cares to think about.

"You want to spend enough money to do it properly the first time," he says.

Precedents

In the case of Zheng v. Jiang, 2012, when the court struck down the agreement that had been made by separating partners, it said:

"It seems to me that this is the very type of homemade agreement entered into by spouses who are not properly informed as to the facts and law surrounding their circumstances that (the Family Law Act) was designed to deter. I agree with the statement in Sagl v. Sagl ... that "the policy of the Act is to discourage 'kitchen table' agreements."

Health. An avocado a day can keep the doctor away

Eating one avocado per day as part of a moderate-fat diet can improve cholesterol levels, according to researchers from the American Heart Association.

The research team set out to see what would happen if saturated fatty acids were replaced with avocados, which contain unsaturated fat. They put the 45 overweight participants on three different diets intended to lower cholesterol. In the beginning, the dieters consumed 34 per cent of their daily calories from fat sources, 51 per cent from carbohydrates, and 16 per cent from protein. After two weeks on this diet, researchers placed each participant randomly on one of three cholesterol-lowering diets. They stuck to a regime that was either low-fat with no avocado, moderate-fat with one avocado per day, or a moderate-fat diet without avocado. Following the moderate-fat diet with the daily avocado resulted in a drop in 'bad cholesterol,' low-density lipoprotein (LDL), of 13.5 mg/dL on average. AFP

One avocado a day, combined with a moderate-fat diet, can drop 'bad' cholesterol. ISTOCK

Research

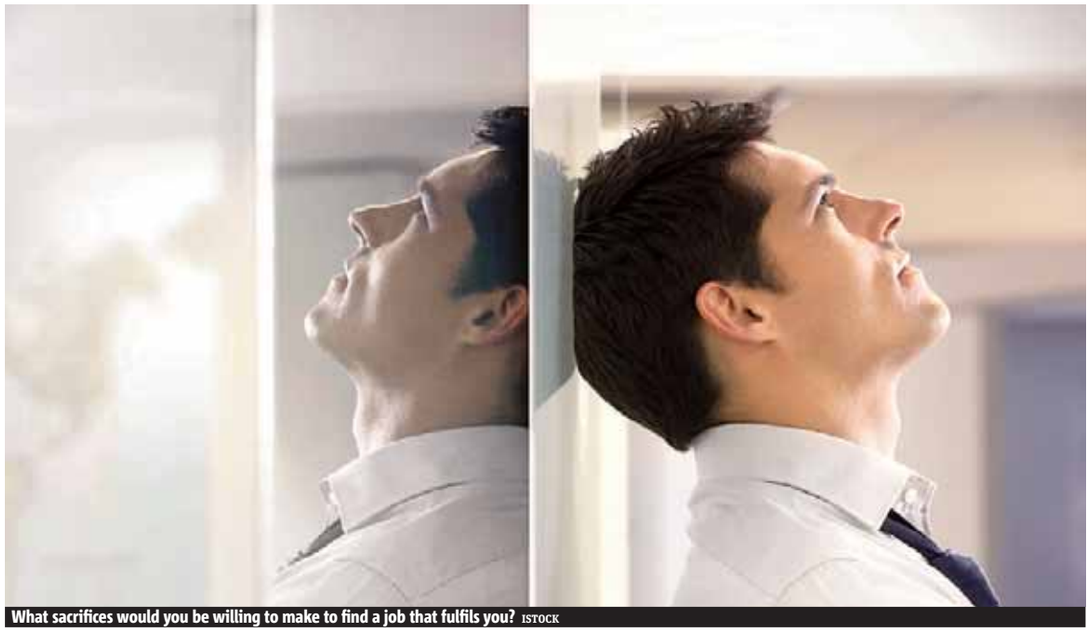
Music helps ease pain in young surgery patients

Listening to 30 minutes of music by artists like Rihanna and Taylor Swift or whichever artist the child prefers — or even audiobooks — could significantly reduce pain after major surgery, according to a new study at Northwestern University. "Audio therapy is an exciting opportunity and should be considered by hospitals as an important strategy to minimize pain in children undergoing major surgery," said study senior author Dr. Santhanam Suresh. "This is inexpensive and doesn't have any side effects." The 56 participants ranged in age from nine to 14 and selected their favourite music from a playlist of chart-topping music. AFP

Rihanna GETTY IMAGES

Many Canadians still crossing their fingers for that dream job to come

Career. Workers seek meaning and fulfilment over money in career, says Monster Canada survey



What sacrifices would you be willing to make to find a job that fulfils you? ISTOCK

So much for punching the clock. Turns out most Canadians are emotionally connected to their work and consider a current or previous job as life-changing, says a new Monster Canada survey.

But as 2015 gets underway, four in 10 workers say there still waiting for that dream job that will add meaning to their life, according to the job search firm's report.

For the 59 per cent of Canadians who say their job has a major impact on their lives and how they feel, the reasons are most likely to be non-financial, the report reveals.

Eighty-six per cent say the job that changed their life identified special skills they possess and new things they are good at, while 80 per cent say it increased their sense of self-worth. More money came in third at 70 per cent, it says.

Still, it should be on employers' radar that 39 per cent of working Canadians feel that they will need to jump ship in order to find the job that will change their life, said Sheryl Boswell, Monster Canada's director of marketing.

"While it's encouraging to see that many have found the job that changed their life, the numbers show that many others still have a desire to find better," she said.

"Given how emotionally invested Canadians have told us they are in their work, finding a fulfilling job is paramount when it comes to overall happiness, and employers need to take note," added Boswell.

Meanwhile, a year-in-review report by Workopolis found that 88 per cent of Canadians say they had to change employers to attain a more senior role, and the average worker can now expect to hold 15 positions throughout their career.

I need a change

The Monster Canada survey also shows that Canadians are not only comfortable switching employers, but also locations.

- Since 2010, about 16.5 per cent of people have started a new role in a different province, a 21 per cent increase in the last 10 years, it found.

"Employees often leave companies for the same reason they join them," said Tara Talbot, vice president of human resources at Workopolis. "Opportunity for career advancement is most often the deciding factor of accepting or leaving a position," she said in a release.

The year-end Workopolis report revealed frequent job changes have become a necessity because only 11.5 per cent of workers are promoted within an organization.

It also says that on average, it takes 12 years at three or four different employers to move from an entry-level position to the rank of supervisor or above.

TORSTAR NEWS SERVICE

Study

Eyes bear the brunt of tech device overuse

People are so addicted to their digital devices that it is posing a threat to their eyesight, a new report indicates.

According to a report by The Vision Council, 93.3 per cent of Americans spend two or more hours every day on digital devices for work or play, resulting in "digital eye strain." A shocking 30 per cent spend more than half of their waking hours (nine hours or more) using a digital device.

The condition is defined as "temporary physical discomfort" felt following two or more hours in front of a digital screen. Its symptoms include redness, irritation, dry eyes, blurred vision, eye fatigue, back and neck pain and headaches.

The severity of digital eye strain can be tempered by adjusting things like text size, posture, computer setup and, of course, the amount of time we spend sitting in front of the screen.

AFP

Looking for a loan to start a small business, buy tools, or take training to upgrade skills?

DIVERSEcity, partnered with Vancity credit union, is offering several microloan products to assist immigrants who are ineligible for traditional credit to achieve their professional goals in Canada. The loan ranges from $500-$7500 and offers a flexible schedule to help individuals to repay the loan at an affordable amount.

604-547-2002 | microloans@dcrs.ca

Vancity

DIVERSEcity community resources society

MS (COMPUTER SECURITY) OR MBA AT NYIT-VANCOUVER

- Earn your master's degree from a global institution.
- NYIT is your gateway to New York.
- Join nearly 100,000 alumni with lifelong access to career services.

Visit: nyit.edu/canada
Call: 604.639.0942
Email: vancouverinfo@nyit.edu
701 W. Georgia St. 17th floor, Vancouver

NYIT New York Institute of Technology Vancouver

How to press pause on your procrastination habits in 2015

Education. Gaining an understanding of why we put off tasks is crucial to successfully seizing the day

Learning how to use your time wisely takes practice. ISTOCK

It's a New Year's resolution students the world over make again and again: "This is the year that I will stop procrastinating on my assignments."

But one professor says that the first step to ending this habit is to rethink the way we view it.

"The research shows that self-awareness is the first step in any kind of behaviour change," says Dominic Voge, associate director of the Undergraduate Learning Program at Princeton University. "Most people see procrastination as some kind of failure in yourself, but that's a fundamental misunderstanding of the problem."

We asked Voge why so many of us procrastinate and what we can do about it.

Identify the problem

"Procrastination is often a self-protection strategy," he explains. "It's protecting our self-concept of being capable and smart people."

This concept is particularly common among post-secondary students, many of whom are experiencing an academically competitive environment for the first time.

"If we wait until the last minute to study or write a paper, we can say to ourselves, 'If I perform poorly, it's because I didn't have enough time," Voge says.

Forgive yourself

"Most people see procrastination as some kind of failure in yourself, but that's a fundamental misunderstanding of the problem."

Dominic Voge
Associate director of the Undergraduate Learning Program at Princeton University

Learn to use blocks of time

"It's easy to say 'Why even start' if you only have an hour between classes or if you are really tired, notes Voge.

"But you can say, 'Instead of watching TV, I can review my notes from class or I can skim a chapter of my textbook,'" he says.

The trick is to assign yourself reasonable tasks. A half-hour is probably not enough to do your chemistry assignments, but it's enough time to review vocabulary for a language course.

Give yourself a fun goal

Part of the reason procrastination often feels like an insoluble problem, says Voge, is because "procrastination feels like a big wall, (it blocks you). So what is something that is going to get you over that wall?"

Voge suggests making a list of your interests and long-term goals to figure out your motivations.

Do you like the satisfaction of successfully solving a problem or delving into research?

Concentrating on the aspects of your classes that you like rather than focusing only on grades (which aren't solely in your control) goes a long way.

Advice

That's not my name, that's not my name!

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro,
One of the VPs at my company has been calling me the wrong name for about a year, and I've been too nervous to correct her. We didn't work together directly, so it didn't seem to matter. However, I've just been assigned to a project that reports directly to this particular VP. Now I'm scared it will be super weird when she realizes she's been mixing up my name! How can I make things less awkward?
— Answers to Anything

Dear ATA,
It's true your boss may feel a little embarrassed when she realizes her misnomer. But while calling someone the wrong name is an honest accident, answering to the wrong name on purpose is peculiar.

Your response should reflect how badly your title is getting butchered. If we're talking Kate vs. Katie, just laugh it off. Sue vs. Tatiana might be harder to ignore. To avoid seeming scared-to-talk timid, address the issue before your VP gets another chance to mis-address you. Own up to your role in this protracted case of mistaken identity, making it clear that you took no offence. Keep things light: This is a harmless mistake, and the fallout should only be as awkward as you choose to make it.

Dear Metro,
Winter is a slow period at my company, and I'm so bored! Our office is open-concept, and I don't want my boss to see me slacking on the Internet. But there's just not enough work to do! How can I fill the hours when there's nothing to fill them with?
— Climbing the Walls

Dear CTW,
A lot of baggy-eyed, both-end-burners would trade their company-issued iPhones for your problems.

If there's really no work to do — have you already told you boss you could take on more? — create initiatives for yourself. These could be small-scale, like cleaning your desk or reorganizing your email. Or you could aim bigger by pitching a career-boosting project outside the scope of your usual work.

Instead of killing time on Facebook or Twitter, turn your online doddling into research: Spend your slow days Googling new skills or ideas in your field. It's also possible you've simply plateaued in your current situation. In that case, you could use this winter slump to search for new jobs. Very discreetly, of course.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

Train for a *'Career with Vision'* or even start your own business!

BECOME AN OPTICIAN
... IN ONLY 6-MONTHS

Optical Dispensing is a high-growth industry with good pay and job security.

6-month 'afternoons' class (1:30pm-5:30pm)

Class Start Date: February 10th, 2015

BC College of Optics
208 - 10070 King George Blvd., Surrey, BC
bccollegeofoptics.ca • 604.581.0101

PREPARE FOR A NEW CAREER IN NO TIME!

Get extensive hands-on training and become job-ready fast with CDI College's **trades**, **healthcare**, and **education** programs!

- Construction Electrician Foundation
- Dental Assisting
- Dental Technician
- Early Childhood Education
- Event Planner
- Health Care Assistant
- Paralegal
- Physiotherapist Assistant/Occupational Therapist Assistant
- Registered Massage Therapy
- And More!

CDI college

Financial assistance may be available to qualified applicants. Apply today or call for more information!

1 800 360 7186 study.cdicollege.ca
Six campus locations across British Columbia:
Burnaby · Richmond · Surrey · South Surrey · Vancouver · Victoria

Get your fiesta on in the kitchen tonight

Pork and Cheese Fajitas in Tortilla Cones. The cones make for unique presentation

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves six. ROSE REISMAN

Fajitas are a great dish to serve for families, since everyone can make their own as desired.

Pork is a lean meat, and with today's agricultural practices, can be cooked to a medium doneness rather than well done as previously instructed years ago.

The cone presentation is a real treat visually and taste-wise. Any leftover fajita mixture can be served on its own if all doesn't fit into the tortilla cone. Using various coloured tortillas is attractive, but if you want more fibre go for the whole wheat tortillas.

Directions

1. Preheat the oven to 375 F. Spray a 12-cup muffin tray with cooking oil spray. Fold each tortilla in half, then form into a cone, overlapping the sides. Fold up the point of the cone about an inch, then press the tortilla in every other muffin cup so they don't crowd each other. Spray each cone with vegetable oil. Bake for about 10 minutes or just until lightly browned and crisp.

2. Spray a large non-stick skillet with cooking oil and place over medium-high heat. Cook the pork for about for 2 to 3 minutes, or until cooked through (pork can be served at medium doneness). Do not overcook or it will dry. Remove from pan.

3. Add the oil to the same pan and brown the onions and garlic, about 4 minutes. Reduce the heat to medium. Stir in the red pepper strips and cook until softened, about 5 minutes.

4. Remove the pan from heat. Stir in the cilantro, green onions and the cooked pork.

5. Divide the stir-fry amongst the tortilla cups, sprinkle with cheese and serve with garnishes if using.

Ingredients

- 6 large flour tortillas
- 12 oz boneless pork tenderloin sliced thinly
- 2 tsp vegetable oil
- 2 1/2 cups thinly sliced white onions
- 1 1/2 tsp minced garlic
- 2 1/2 cups red bell pepper cut into strips
- 1/4 cup chopped cilantro or parsley
- 1/4 cup chopped green onions
- 3/4 cup shredded light cheddar cheese

Garnish (Optional)

- 1/3 cup medium salsa
- 1/3 cup low-fat sour cream

Nutritional information

Per serving

- **Calories.** 388
- **Carbohydrates.** 53 g
- **Fibre.** 7 g
- **Protein.** 25 g
- **Total fat.** 10 g
- **Saturated fat.** 4 g
- **Cholesterol.** 40 mg
- **Sodium.** 1,731 mg

Drive Organizational Success

UBC Certificate in Program Management

Learn how to align the right resources with the right projects to directly support your organization's goals. This 100% online program develops skills and leadership in benefits management, stakeholder management and program governance.

Program Management Governance starts Jan 14.

cstudies.ubc.ca/pgm
604.822.1420

Presented in partnership with
SAUDER School of Business
UBC Faculty of Applied Science

a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA
Continuing Studies

Not your typical nachos

Typical nachos are an all-time favourite with their fried tortilla chips, loads of cheese sauce, sour cream and fatty ground beef. They may be delicious, but a platter can have more than 2,000 calories and 100 grams of fat!

Try my tasty and healthier version using lean ground turkey and a variety of lighter toppings.

1. Preheat oven to 450 F. Spray a 10 to 12-inch pizza pan or large oven-proof platter with vegetable oil.

2. In large skillet sprayed with vegetable oil, sauté onions and garlic with oil for 5 minutes. Add turkey and sauté until no longer pink, about 5 minutes. Add bell peppers and sauté for 2 minutes. Add chili powder, beans, tomato sauce, and salt and pepper. Simmer uncovered for 10 minutes until thickened.

3. Place half the tortilla chips over pizza pan, pour half the filling over top and half the cheese. Repeat with remaining chips, filling and cheese. Bake for 5 minutes or until cheese melts and tortillas crisp. Garnish with any of the toppings.

ROSE REISMAN

Ingredients

- 1 cup diced onions
- 1 tsp minced garlic
- 2 tsp vegetable oil
- 12 oz ground turkey
- 3/4 cup diced red bell pepper
- 1 tsp chili powder
- 1 cup canned, drained and rinsed black beans
- 2 cups tomato pasta sauce
- Salt and pepper
- 6 cups tortilla chips (baked if possible)
- 1/2 cup grated light cheddar
- 1/2 cup grated light mozzarella cheese

Garnish (optional)

- 2 tbsp chopped cilantro
- 2 tbsp chopped green onions
- Light sour cream (optional)
- Thinly sliced jalapenos (optional)

MLS

Whitecaps turn focus to SuperDraft

The first round of the Major League Soccer SuperDraft goes Thursday, and the Vancouver Whitecaps are in line to select further down the order.

Since 2011, the Whitecaps have always had at least one top-five pick in the draft, but that looks like it's about to change in 2015. They are slated to pick 13th overall, so it will be interesting to see their strategy for the opening round — do they pick for position, or choose the next best player available?

Head coach Carl Robinson was asked exactly that last week when he met with the media before travelling to the MLS Draft Combine in Florida.

He brought up the hypothetical example of, when it comes time for them to pick, the next best available player being a creative, attacking midfielder, which the Whitecaps have depth at that position with Pedro Morales, Nicolas Mezquida and homegrown player Marco Bustos.

"We spoke about it as a group," said Robinson. "We're still searching for the answers on that one."

On Christmas morning, the Whitecaps announced the signing of striker Octavio Rivero, from Uruguay. The club has recently had success finding and signing players from South America, and Robinson didn't rule out the possibility of making another trip down to that soccer-mad continent in the near future.

"We're waiting on one or two things. Is there players down there that we're looking at? A hundred per cent that is yes," said Robinson. CAM TUCKER/METRO

Canucks back on road, sweet road

NHL. Vancouver embarks on a five-game trip, beginning Tuesday in Nashville

CAM TUCKER
cam.tucker@metronews.ca

So long, see you in two weeks — well, actually, a little bit more than that.

The Vancouver Canucks, currently holding onto second place in the Pacific Division by a thread, head out onto the road for a five-game trip that begins Tuesday against the Nashville Predators, who were the Western Conference leaders as of Sunday afternoon.

The Canucks are scheduled to skate Monday morning, before departing to Nashville, the country music mecca. This latest trip comes on the heels of a disappointing homestand in which the Canucks went just 2-3 at Rogers Arena.

They lost the final two games — to Roberto Luongo and the Florida Panthers, and to the Calgary Flames on Saturday — of this now completed homestand.

The Canucks don't play in Vancouver again until Jan. 27.

For whatever reason, the Canucks haven't been a powerhouse at home. Far from it, actually.

Saturday's result, combined with this latest stretch, gives them a record of just 11-8-1 at Rogers Arena.

Meanwhile, the top four teams in the West — Nashville, Anaheim, Chicago and St. Louis — are all dominant in their own rinks. It's a similar situation with the big teams in the Eastern Conference.

On the other hand, the Canucks have an impressive record on the road. They've won 12 times away from Vancouver, and have lost in regulation only six times, with two overtime-shootout defeats mixed in there, as well.

Now, how sustainable is that?

According to stats.hockeyanalysis.com, the Canucks have a 5-on-5 Corsi-for rating on the road of 47.4 per cent, which puts them 24th in the entire league. The only teams worse than them in that category: Buffalo, Colorado, Calgary, Toronto, Columbus and New Jersey — all currently on the outside of the playoff window, looking in.

Follow Cam Tucker on Twitter @camtucker_metro

The Flames' Joe Colborne checks the Canucks' Brad Richardson into the boards on Saturday at Rogers Arena. The Canucks lost the game 1-0. RICH LAM/GETTY IMAGES

Grizzlies wear out Suns in double overtime

Suns guard Eric Bledsoe goes on the attack as he is guarded by Grizzlies Beno Udrih, left, Nick Calathes and Kosta Koufos on Sunday in Memphis. BRANDON DILL/THE ASSOCIATED PRESS

Marc Gasol scored the first seven points in the second overtime, Zach Randolph had 27 points and 17 rebounds and the Memphis Grizzlies outlasted the Phoenix Suns 122-110 on Sunday night.

Gasol finished with 12 points to help Memphis snap a two-game losing streak. Mike Conley added 25 points and eight assists and Courtney Lee had 18 points.

Isaiah Thomas led Phoenix with 20 points, but had a costly turnover trying to get the ball into the front court with the Suns leading late in the first overtime.

On Sunday

Grizzlies	Suns
122	110

Markieff Morris added 17 points, Alex Len had 14 points and 13 rebounds, and P.J. Tucker, Eric Bledsoe and Marcus Morris had 11 points apiece. Bledsoe had a chance to win it in the first overtime, but his off-balance shot in the lane banged off the front of the rim at the buzzer.

The Suns found themselves in foul trouble in the second overtime. Goran Dragic fouled out in the first overtime on Thomas' turnover. On the first play on the second overtime, Len fouled out on a Gasol field goal. Then Markieff Morris was called for his sixth foul with just over two minutes left. THE ASSOCIATED PRESS

4 SPORTS

La Liga

Messi for peace (at Barcelona)

Lionel Messi almost single-handedly restored peace at Barcelona by scoring once and setting up two more goals in a 3-1 win over Atletico Madrid on Sunday. Afterward he denied media reports by saying he never called for coach Luis Enrique to be replaced.

THE ASSOCIATED PRESS

NHL

Panthers triumph in Edmonton for third straight win

Tomas Kopecky scored the game-winner and Jussi Jokinen recorded a pair of assists as the Florida Panthers stretched their winning streak to three games with a 4-2 victory over the Edmonton Oilers on Sunday. THE CANADIAN PRESS

Florida Panthers goalie Roberto Luongo makes a save amid a maze of Oilers on Sunday night in Edmonton. JASON FRANSON/THE CANADIAN PRESS

WHL

Vancouver Giants busy at trade deadline day

The Vancouver Giants made a flurry of moves in the lead-up to the Western Hockey League's trade deadline on Saturday.

The Giants traded Joel Hamilton to the Kamloops Blazers for a sixth-round pick in the 2017 Bantam Draft, then acquired 20-year-old forward Zane Jones from the Lethbridge Hurricanes.

The Giants also acquired forward Parker Smyth — the nephew of former NHLer Ryan Smyth — from the Saskatoon Blades in exchange for a sixth-round pick in the 2016 draft.

The Giants don't play again until Friday, when they host the Tri-City Americans at the Pacific Coliseum. METRO

Colts buck Broncos out of playoffs

AFC. QB Luck ushers in new era of greatness in Indy by beating former franchise superstar

Andrew Luck has his signature NFL win, and it came against his predecessor, of all people.

Hardly pressured all afternoon, Luck threw two touchdown passes and outplayed Peyton Manning in leading the Indianapolis Colts past the Denver Broncos 24-13 on Sunday.

The Colts (13-5) advanced to the AFC championship game at New England (13-4), where they lost 42-20 on Nov. 16.

"I'd like to think I am a better quarterback and would like to think we're a better team" now, Luck said. "We are well equipped to handle the unknown, the unforeseen."

They sure were Sunday night in the Rockies, where Denver had gone 8-0 this season and averaged 35 points a game.

"I think we're playing good team ball," said Luck, who improved to 3-2 in the playoffs. "We're feeding off each other. Offensively, we're making enough plays to put some points on the board. Great night. So proud to be a part of the Colts in this victory."

The Broncos (12-5) are left to deal with the hangover of yet another playoff debacle — and, more importantly, questions about Manning's future.

After saying on Christmas Eve that he planned on coming back for an 18th season, the five-time MVP wasn't so certain after his latest playoff fiasco.

Asked point-blank if he planned on playing next season, Manning said, "Uh, yeah, I guess I just can't give that simple answer. I'm processing it. So, I can't say that. I could not say that."

It was the first time Manning had been ambiguous about his future since spinal fusion surgery on his neck cost him all of the 2011 season and led Colts owner Jim Irsay to release him in 2012 so he could use the top pick to draft Luck.

"I knew it was the right thing to do for the Colts," Irsay said outside his jubilant locker room. "I saw Archie (Manning) last night. We had a nice conversation. Happened to be at Elway's Restaurant at the Ritz Carlton. It was a decision that it was the right move to make. Peyton and I had talked about it. He said it best in the press conference — I didn't decide. He didn't decide. The football gods laid the cards out. We both knew it as best for him and us."

THE ASSOCIATED PRESS

Divisional round

Colts	Broncos
24	13

- **AFC Championship game.** Indianapolis Colts at New England Patriots
- **NFC Championship game.** Green Bay Packers at Seattle Seahawks

Both games next Sunday

Broncos quarterback Peyton Manning is sacked by Indianapolis Colts outside linebacker Erik Walden in the second half on Sunday in Denver. The Colts moved on to the AFC Championship with the road playoff win. JACK DEMPSEY/THE ASSOCIATED PRESS

Packers advance past Cowboys amid controversy

Cowboys receiver Dez Bryant attempts to make a catch over Sam Shields of the Packers on Sunday in Green Bay. Initially ruled a catch, the call was reversed upon review. MIKE MCGINNIS/GETTY IMAGES

Hobbled but happy, Aaron Rodgers might have felt a bit lucky, too.

No matter: the All-Pro quarterback and his Green Bay Packers are one step away from the Super Bowl.

More stationary than usual because of a left-calf injury, Rodgers rallied the Packers from an eight-point deficit with two second-half touchdown passes to beat Dallas 26-21 on Sunday.

The Packers, helped immensely by a video reversal with 4:06 remaining, went undefeated at Lambeau Field this season. They head to Seattle — which beat Carolina 31-17 on Saturday — next weekend in the NFC title game.

Divisional round

Packers	Cowboys
26	21

"I think I got 120 minutes left in me," Rodgers said.

Green Bay might not have had any time left in its season if not for referee Gene Steratore's decision. Dez Bryant's leaping, bobbling 31-yard catch at the Packers' one-yard line on a fourth-and-two play was challenged by Green Bay coach Mike McCarthy. Instead of first-and-goal for Dallas, the ball went over to the Packers.

"Some people think throwing the red flag is fun," Packers coach Mike McCarthy said. "It was such an impactful play, you had to challenge. It was a confident challenge. And a hopeful one, too."

One packed with controversy, as well.

"Look, I'll tell you this: I've never seen that a day in my life," Bryant said. "I want to know why it wasn't a catch."

Because Bryant didn't maintain control all the way to the ground, as the rule states. Replays showed Bryant bobbling the ball as he rolled into the end zone, with part of it touching the field.

"By rule he must hold onto it throughout entire process of contacting the ground," tweeted Dean Blandino, the league's director of officiating. "He didn't, so it is incomplete."

An impassioned Bryant didn't buy it.

"All I know is I had possession, I had possession of the ball coming down," Bryant said. "That's possession, right? One, two, reach. Bam, that's possession."

The Cowboys' first postseason trip to Green Bay since the 1967 Ice Bowl for the NFL championship resulted in their first road defeat of the season after eight victories.

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You may be in a cautious mood as the week begins but that's OK because this is a time for thinking things through rather than throwing yourself at life.

♉ Taurus
April 21 - May 21
This is a great day for meeting with friends. On the career front, your ambitions may seem lofty to some but you know that anything is possible if you want it enough — and you do.

♊ Gemini
May 22 - June 21
Whatever you want out of life you will find a way to get, but you will get it quicker if you make friends with the kind of people who can open doors.

♋ Cancer
June 22 - July 23
You want to do something out of the ordinary. Only you can decide what that something is going to be. The planets indicate it will be fun and change your life for the better.

♌ Leo
July 24 - Aug. 23
You need to think long-term rather than merely aim for short-term gain. That applies in particular to business and professional matters.

♍ Virgo
Aug. 24 - Sept. 23
Partnerships will be vital over the next few days and even if you are the kind of Virgo who prefers to work alone it will pay you to join forces with someone who shares your ambitions.

♎ Libra
Sept. 24 - Oct. 23
The tougher the challenge the more you like it and that's just as well because the planets indicate you will be put to the test over the next few days.

♏ Scorpio
Oct. 24 - Nov. 22
This is potentially one of the best times of the year for you and anything of a creative or romantic nature is sure to go well over the next few days.

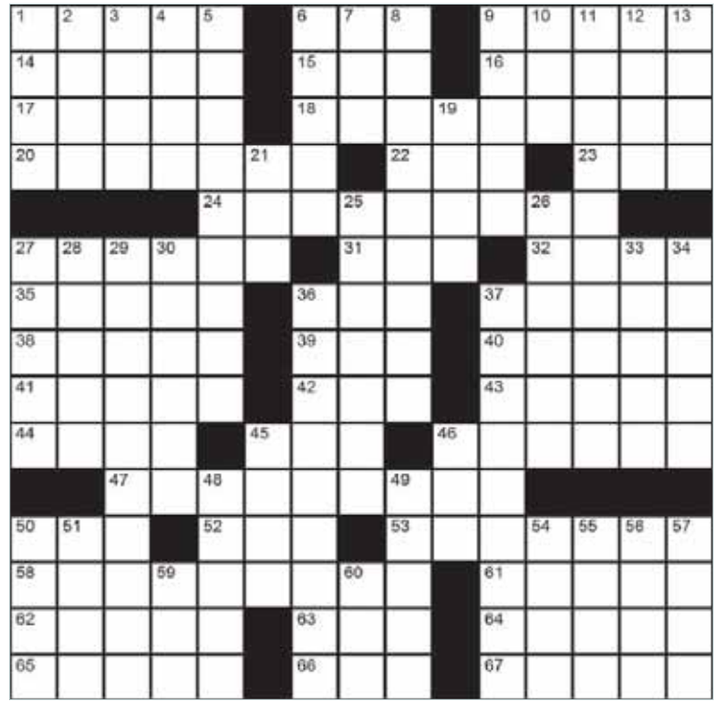
♐ Sagittarius
Nov. 23 - Dec. 21
Anyone who thinks they can coerce you to do something you do not approve of is living in cuckoo land. When it comes to family matters though try not to take such a hard-line stance.

♑ Capricorn
Dec. 22 - Jan. 20
You will meet some interesting people over the next few days and that's good because your focus has been too narrow. Chances are you will learn something to your advantage.

♒ Aquarius
Jan. 21 - Feb. 19
Under no circumstances sell yourself short this coming week, because the moment you do is the moment everyone starts taking advantage of you.

♓ Pisces
Feb. 20 - March 20
Something you start over the next few days is destined to be of major importance to you. Mars in your signs means you will outshine rivals and make a name for yourself.

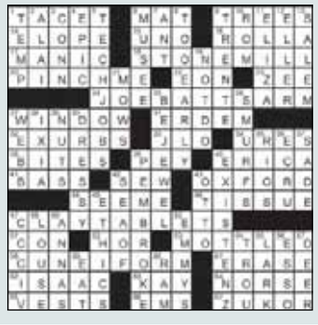
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. "__ __ a gun!"
6. Inventor Mr. Whitney
9. Coffee preference
14. Fantasy novelist Ms. Canavan
15. "__ Dieu!"
16. Rice-_-__
17. Wedded bliss event, briefly
18. What outstanding movies generate: 2 wds.
20. Notion
22. 'Honor' suffix
23. "The __" (CBC series about a First Nations community)
24. General Motors of Canada vehicle assembled in Oshawa, ON: __ Impala
27. Prickly
31. Caravansary
32. "Begone!"
35. Dolphin-riding Greek poet
36. Orange ball org.
37. Clipped
38. Swiss chocolate brand
39. Cafeteria crumb
40. High: French
41. Wise mentors
42. Arctic explorer John
43. Fire-starting felony
44. John Mellencamp's "Get _ __ Up"
45. Senators city, briefly
46. Add on
47. Amanda Marshall hit: 2 wds.
50. Volkswagen convertible model
52. "Scalpel..." settings, shortly
53. To the skies
58. Southern Ontario: Municipality of South Bruce village
61. Former police officer
62. Pageant winner's prize
63. Friend: French
64. 1st Greek letter
65. "__ __ favour, say 'Aye'."
66. 1960s brother of a Pres.
67. Fix the road this way

Down
1. Disconnected, in music [abbr.]
2. Yes __ __ question
3. Trevor __ (Tony-winning Cats director)
4. Of a lyric poem
5. Canada's beaver coin amount: 2 wds.
6. Be a ham on stage
7. Rock's __ Lonely Boys
8. In the flesh
9. Ms. Hannah
10. Tarzan creator's monogram
11. Order! Halifax __ __, a National Historic Site of Canada
12. LA Kings player Mr. Kopitar
13. Soda sound
19. "East of Eden" (1955) brother
21. Smart letters
25. Singing technique
26. F's music equivalent, _ __
27. Lightweight wood
28. Font style
29. Arctic animal known as 'Nattiq' to the Inuit: 2 wds.
30. Spanish corner store
33. Joe __, What the Butler Saw! playwright
34. Make hair stand __ __
36. Montreal-born Marvel Comics superhero aka Jean-Paul Beaubier
37. Some undergarments
45. Cajun cooking ingredient
46. Slitherer
48. Ottawa-born actress Kelly
49. Russian monarchy founder
50. Vintage comic, __ Kett
51. Eye: French
54. Wheel shaft
55. Sales slip, shortly
56. Capital of Qatar
57. Tussle
59. __ Lanka
60. "Unbelievable" group

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

7	3	4	2	1	6	5	9	8
9	1	6	5	8	4	2	7	3
8	2	5	9	7	3	6	1	4
5	9	8	3	4	7	1	2	6
1	4	2	8	6	5	9	3	7
3	6	7	1	2	9	8	4	5
6	8	9	4	3	2	7	5	1
2	7	3	6	5	1	4	8	9
4	5	1	7	9	8	3	6	2

1		6		9		4		3
2			4					1
				3		8		
3			2		1			5
		2		6				
6					3			4
7		5		8		6		2

© 2015 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

THE HANDY POCKET VERSION!
Get the news as it happens
Download the Metro News App today at metronews.ca/mobile
metro

metro

WITH THE METRO NEWS APP 2.0, THE NEWS OFTEN SPEAKS FOR ITSELF.

So do movie features, sports highlights, celebrity gossip...

metro AR

The newest version of our popular Metro News App for iPhone/ iPad and Android includes a cool augmented reality feature. Look for the AR icon in your copy of Metro News, scan it with your mobile device and watch videos, trailers, slideshows and more. It just may change the way you look at the news.

Download the Metro News App today at metronews.ca/mobile